

Chapter 7: Covenant Prayer

--If you don't feel the same weight of responsibility for "I will be there" as "I promise I will be there" then you need spend some time praying about integrity and trustworthiness.

1 Corinthians 2:2 (ESV): For I decided to know nothing among you except Jesus Christ and him crucified.

Titus 3:8 (ESV): The saying is trustworthy, and I want you to insist on these things, so that those who have believed in God may be careful to devote themselves to good works. These things are excellent and profitable for people.

Oftentimes your heart will condemn you for things for which God does not condemn you. Even more, he is pleased with your attempts to please him. The promises and commitments of your heart are not made in vain. P. 69

Obedience: in both renunciation and adoption.

Time: Regular time.

1. Making the time . You will not just *have* the time.
2. Guarding the time. **P. 74: *I hope you know that there is no need to answer the telephone, or the door, for that matter.***

Space: A consistent place. ***Thin places: Irish tradition.***

Part 2: Moving Upward

Chapter 8: The Prayer of Adoration

Two sides of adoration (p. 83): thanksgiving and praise. What he has done and who he is.

Westminster Shorter Catechism:

1. What is the chief end of man?
 - A. Man's chief end is to glorify God and to enjoy him forever.

Chapter 9: The Prayer of Rest

Hurry and love are incompatible. All of my worst moments as a father, a husband, and a pastor, even as a human being, are when I'm in a hurry—late for an appointment, behind on my unrealistic to-do list, trying to cram too much into my day... Hurry and love are oil and water: they simply do not mix. Hence, in the apostle Paul's definition of love, the first descriptor is "patient." John Mark Comer, *The Ruthless Elimination of Hurry*.

...how can we have any kind of spiritual life at all if we can't pay attention longer than a goldfish? How do you pray, read the Scriptures, sit under a teaching at church, or rest well on Sabbath when every chance you get, you reach for the dopamine dispenser that is your phone?
John Mark Comer, TREH.

The devotional masters often spoke of Otium Sanctum, "holy leisure." It refers to a sense of balance in life: activity and rest, work and play, sunshine and rain. It means the ability to carry on the activities of the day fill with the cosmic patience of God. Holy leisure means living—and praying—in the middle voice. P. 98

The prayer of rest, then, is accepting the invitation of Jesus to **"come and learn from me and I will give you rest."**

It is disingenuous and disrespectful to ask God to magically bestow rest upon you while actively rejecting Jesus' offer to pattern your life after his and discover true rest.

Chapter 10: Sacramental Prayer

Liturgical — Sacramental

Don't be afraid of tools that millions of Jesus followers have utilized for thousands of years because you think you will become ritualistic.

Most common liturgical prayer: the Lord's Supper.

James KA Smith calls the Lord's Supper (Eucharist) "a compacted microcosm of the whole of worship". Using our mind, heart, spirit, and body, engaging senses, and pointing our whole being at the sacrifice of Jesus.

Chapter 11: Unceasing Prayer

Do certain passages command us to never stop actively speaking to God?

Unceasing prayer is about being someone who unceasingly returns to prayer and whose mind is consistently oriented toward God.

Breath prayer: Jesus, help me to love you more today.

Chapter 12: Prayer of the Heart

When you are struggling and things are dark, wanting to want God is prayer.